

# THE KWAJALEIN HOURGLASS

A photograph of a man and a woman dancing at night. The man is wearing a white short-sleeved button-down shirt, dark shorts, a light-colored fedora-style hat, and a wristwatch. He has his hands clasped in front of his face. The woman is wearing a white long-sleeved blouse with puffed sleeves and a dark corset-style bodice. They are both smiling and appear to be in a festive setting, possibly a dance hall or outdoor event. In the background, other people and palm trees are visible under a dark sky.

**KRS has new  
Six Sigma  
yellow belts**

— pages 3-4

**Kwaj teens  
could mean  
life or death**

— page 5

**Lib Island  
Christmas drop  
preparations  
begin**

— page 12

Johann Bauml and his wife Sabrina embraced the Oktoberfest completely Sunday night. They danced to a polka in traditional Bavarian frocks. The Oktoberfest featured German food and beverage, as well as German music.

(photo by Nell Drumheller)



# It's better to feel good than look good, well . . .

I woke up at 3 a.m. The pain in my chest was intense.

I got up and walked around the house for awhile waiting for it to go away. It's probably gas I thought. It seemed to get a little less intense, so I went back to bed.

It was just a few minutes though before it came back just as bad. I woke my wife and told her I thought I was having a heart attack and we should go to the hospital. We dressed and got in the truck and started the drive to town. We lived out in the country, about 40 miles from the city. My wife was driving fast on the dark, deserted country roads. I reached in my shirt pocket, took out my ever-present pack of cigarettes and lit one up.

My wife almost screamed at me, "If you're having a heart attack, why are you smoking?"

After taking a long drag, I said, "Because they won't let me at the hospital."

We arrived at the emergency room and they put all the EKG stuff on me and took blood for tests.

A doctor came in to see me. I would not say he was young but it looked like

## The Way I See It

**Dan Adler**  
Staff Writer



he had just started to shave. He looked at my family history, which the nurse had gotten when I first came in.

"Okay," he said, "Your father had a heart attack when he was 48 and you are 45?"

I nodded.

"And all your male relatives on your father's side have had heart attacks," he said.

I nodded again.

"And you have high blood pressure," he said.

I nodded again.

And you smoke two packs of cigarettes a day," he said.

I nodded yet again.

"Well, you're just about stupid, aren't you?" he said.

I thought his bedside manner could use some work but I asked if I was having a heart attack or not.

He said they didn't know so they would admit me to the hospital until they were sure.

As he walked away, I heard him say to one of the nurses, "Admit this idiot." I still thought his bedside manner could use work.

That night, as I laid in the hospital bed the pain increased and the nurse remarked to another nurse how high my blood pressure was.

When you think you might be dying, the promise factory goes into high gear. I promised I'd always go to church every day and twice on Sunday and even if it was closed I'd kneel out on the front lawn and hold my own personal service. That I'd never eat anything fried in bacon grease again. That I'd never

cuss again. I promised I'd always treat everyone as God's children with love and respect no matter what they did. I promised I'd exercise every day. And above all, I promised to quit smoking.

In the morning, the doctor came in and said I wasn't having a heart attack, just bad heartburn from something I ate. He said they were going to release me.

When he left, the nurse came over and said, "Isn't that wonderful?"

I said, "Yeah, it's great — now out of the way so I can get out of here! I need a smoke!"

My sister-in-law picked me up and I asked her to take me to the first store where I could get cigarettes. Along the way I commented on the ##\$% idiot drivers who should have their licenses shoved into their ears. At the store, along with the cigarettes, I got a hot pastrami sandwich. Yeah, it's good to be alive.

We passed the local church on the way to my place and my sister-in-law asked me if I was going to attend services in thanksgiving for not dying. I said, "Yeah sure, well maybe, it depends on what football games are on."

That night, I asked my wife to fry up some chicken, good and greasy, just the way I liked it.

When I got up from the couch and got a beer from the fridge, my wife asked me if I was going to start exercising. I said I just did.

Seriously, I'm joking. After that experience, I quit smoking, started exercising and tried to eat healthier. The part about cussing and so forth I'm still working on.

There's a good article about healthy hearts on page 6. I hope you take time to read it.

I'm glad I made a lifestyle change. I'm healthier at 57 than I was when I was younger I think.

I'd like to say I'm better looking too, but you can't have everything.

## The Kwajalein Hourglass

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## Marshallese Word of the Day

**lalin - bottom**



# Finding efficiencies

## KRS Team employees achieve Six Sigma yellow belt

By Mig Owens  
Assistant Editor

A skilled mechanic uses tools to fine tune a vehicle until it purrs. Without the proper sockets, wrenches, and screwdrivers, time spent working on a vehicle's components would increase, costing the customer more, while never achieving optimal efficiency.

Today, Six Sigma tools are enabling KRS Team employees to fine tune their daily processes. With these tools, Billie Sikes, AirScan Pacific logistics manager, and Mike Wiley, Automotive maintenance manager, have found ways to make their areas more efficient, ultimately saving the customer money.

Their efforts have earned them each the title of Six Sigma yellow belt.

"As government contractors, we're stewards of taxpayers' money," Steve Metta, Quality Assurance manager and Six Sigma deployment champion said.

"These people showed diligence by identifying ways of working more efficiently...i.e., saving our budget money thus saving taxpayer money."

According to Tim O'Rourke, Six Sigma black belt, tools are used by employees to collect and analyze data – taking the emotion out of decision making. Fishbone diagrams, process maps, XY matrices and failure mode effects analyses are



**Preventive maintenance, performed here by mechanics Whadel Ishimua and Andy Welch, is one of many processes analyzed by Six Sigma yellow belts.**

*(Photo by Mig Owens)*

among the tools allowing employees to visualize where problems lie in their processes.

As a result of Six Sigma training and the use of the tools, Metta

explains that Sikes and Wiley are empowered to make decisions based on data.

In Sikes' process improvement

*(see Six Sigma next page)*



# Six Sigma . . .



**Billie Sikes**

project, she found that excessive time was spent waiting for twin otter airplane parts.

"On the surface, it appeared to be a process that could definitely benefit from

the closer look that Six Sigma produces," Sikes said.

The solution she proposed was to opt for a blanket purchase agreement/blanket purchase order or lease arrangement for the twin otters similar to the current Metro lease. Sikes began work on her project in April of 2004, before the decision had been made to do away with the twin otters.

Sikes said about Six Sigma, "It's a great tool to use when you believe your processes could run more efficiently. It pinpoints the areas that need to be corrected and drives the brainstorming needed to resolve the problem areas."

Sikes said she walked away from her project with the understanding that "until you dig a little deeper, your process may be being affected by things that you normally wouldn't think could affect it."

Metta was impressed by the fact that Sikes showed passion about using the tools and the benefits when applied to her process. "She expressed forthright the Six Sigma beliefs," he added.

Fleet preventative maintenance was the area in which Wiley focused his energies. The goal was to reduce preventive maintenance

by defining the criteria for levels and frequency of preventive maintenance.

While preventative maintenance on vehicles was being performed, according to Wiley, it was not being scheduled necessarily when it was required. The results of his project will affect day-to-day operations by allowing the shop technicians time to work on what actually needs work.

"There are always ways to make your job more efficient; breaking it down in a flow chart really makes every step stand out making it easy to stream-line the process," Wiley said. "Six Sigma is a viable way of doing things, especially when you have management support."

Said O'Rourke, "Mike tried to make working conditions better for what he considered an over-worked staff. He tried to make the process better for them."

According to Metta, yellow belts find gratification in saving the taxpayers money and making their own processes more efficient, enabling them to "work smarter, not harder."

O'Rourke believes that yellow belts also look to Six Sigma training and process improvement projects as an opportunity for professional development, and subsequently to obtain skills with commercial value.

A total of seven process improvement projects have been completed by employees so far with another seven in the pipeline.

Benefits gained for KRS from Six Sigma process improvement projects to date total \$660,000. Annualized, that total jumps to approximately one million dollars.

Thirty-five yellow belts have

been trained, and a total of six certified. Certification is achieved upon completion of a process improvement project. In addition, twenty-seven champions have been trained. Champions remove road-

blocks and ensure that the proper resources are applied to the project. "Others out there are working on identifying process efficiencies using the Six Sigma process management approach," Metta said. He added that Six Sigma was a management initiative identified in the KRS proposal to USAKA. Training began in January and process improvement projects have been ongoing since April.

"We want to implement Six Sigma across the company," O'Rourke said. "Right now, it's heavy on the Logistics side, but we're also working on the Mission Operations side as well as Medical and Community Services areas."

According to Metta, the ultimate goal is for Six Sigma to become ingrained in the way KRS does business and for every employee to be involved in some way, either as a champion, yellow belt, or team member.

KRS has exceeded the Six Sigma goals for cost benefit this year, and according to O'Rourke, the company will continue to set goals to sustain the Six Sigma effort.

Said O'Rourke, "We don't want to be satisfied."



**Mike Wiley**

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**“As government contractors, we’re stewards of taxpayers’ money. These people showed diligence by identifying ways of working more efficiently ...i.e., saving our budget money thus saving taxpayer money.”**

— Steve Metta, Quality Assurance manager and Six Sigma deployment champion

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# Teens keep an eye on our well-being, lifeguard training rigorous not for weak hearted WATER SAFETY

By Nell M. Drumheller  
Editor

There are 16 teenagers on Kwajalein who may mean the difference between life and death for you or one of your family members. They are the lifeguards.

Kaya Landers, pools and beaches coordinator is the instructor for lifeguard training. She said she has a 95 percent success rate, i.e. completion of the course, for the young people who apply to be lifeguards.

On the television series *Baywatch* lifeguard duty was glamorized into something that resembled a cross between glitz and high-intensity crime fighting. But that's not what lifeguards in this part of the Pacific see in their daily duties.

The lifeguards, who can try to make the cut beginning when they turn 15, undergo a rigorous training program Landers said. "The program is 35 hours," she said.

There is no guarantee that applicants will be hired after they complete the program. They are not paid while they are taking the course.

Completing the training program is hard work and physically tough, Landers said. Good swimming skills are obviously a prerequisite; applicants must swim 500 meters continuously freestyle and breaststroke. Another challenge is they must dive down to a 10-pound object, bring it to the surface and swim 20 meters holding the object and their head above water.

In time of an emergency there wouldn't be time to put on goggles or a mask, and so all training is done without either to protect the candidates' eyes from salt water.

Landers admits that rescues requiring resuscitation and or advanced lifeguard skills are pretty rare, but that doesn't mean the lifeguards don't need to be prepared for them. They receive Lifeguard, First Aid, Waterfront Lifeguard and CPR certifications.

Landers knows what she's talking about when she describes the lessons a teen can learn from life guarding. She was a life guard in high school.

"[Lifeguards must have] good surveillance skills and be able to enforce safety," she said. "They [the lifeguards] learn to develop mental discipline, they learn how to focus and learn how to enforce rules," she added.

Being a lifeguard helps you learn to focus mentally, Landers said. That discipline is needed when you are sitting in the sun, the scenery is beautiful and there are only a couple of people at the beach or pool. It's those times when it would be easy to lose your edge, according to Landers. Mental discipline is the key.

The biggest life-guarding challenges faced regularly on Kwajalein at the pool include children running and pushing and small children who overestimate their abilities and swim in areas beyond their skills. On the beach alcohol and unsupervised children are at the top

of the list of problems for lifeguards. Also on the beach are problems with changing conditions, people who try to dive into waves and receive head injuries, people who boogie board in crowded areas and unexpected wildlife, both flora and fauna.

"Children under ten must have supervision," Landers said. This is a rule at the beaches or the pool.

Lifeguards are on duty in the evenings and on the weekends. When a lifeguard isn't present swimmers must use the buddy rule and never swim alone.

For more information on swimming services, including availability of classes, call Landers at 52848.



(Photo by Nell Drumheller)  
(Illustration by Dan Ader)

**Marcy Peterson, 17, is a high school senior and has been a lifeguard for a year and a half. She said being a lifeguard has helped her learn self-discipline, how to schedule time and how to handle conflicts.**



## Healthy heart, healthy life

# Cardiovascular fitness ranks No.1 for healthy lifestyle

By Dr. George R. Colfer  
Contributing writer

**C**ardiovascular fitness, also known as cardio respiratory fitness, pertains to the effectiveness of the heart, lungs and circulatory system to provide the cells of the body with the necessary substances to perform work or activity for an extended period of time.

The term aerobic activity, which means "with oxygen," is the key factor for CVF. One must be able to perform continuous activity at a heart rate that allows you to sustain the activity for its duration without going into "oxygen debt," which is termed anaerobic activity. Contrasting examples would be running a five- or 10-kilometer run (aerobic) vs. a 100-meter dash (anaerobic), an all-out effort of short duration.

To benefit your heart, lungs and circulatory system, the exercise must involve large muscle groups so that the heart has to pump large quantities of blood. This makes more oxygen available to the muscles during exercise and increases their ability to use oxygen.

The basis for cardiovascular training is the frequency, intensity and duration of the activity. The American College of Sports Medicine and Centers for Disease Control and Prevention have established guidelines and recommendations for the quality and quantity of the exercise to develop and maintain CVF.

A summary is as follows:

Physical activity of moderate intensity for as least 30 minutes per day for five days or more per week. Moderate intensity is considered activity that causes "small or moderate changes in breathing and heart rate."

Activities such as brisk walking, some types of housework and gardening and bicycling for transportation may fall into this category.

Physical activity of vigorous intensity for at least 20 minutes per day for three days or more a week. Vigorous intensity is considered activity that causes "vigorous or large changes in breathing and heart rate."

Activities such as running, swimming, road or mountain biking, hiking (with climbing) and games like full-court basketball or soccer may fall into this category. To develop CVF, one must be able to sustain the activity for

the selected duration. Because it is quite difficult to maintain a single heart rate throughout activity, another way is to establish a target zone. This is a range of the minimum to maximum for your training session. It is much easier to stay within a range and still provide the necessary work.

The goals and physiological benefits of aerobic training for CVF are as follows: to lower resting heart rate; to increase stroke volume (amount of blood ejected per contraction by the heart); to lower blood pressure; to lower blood fat levels (cholesterol lower LDL, raise HDL); to lower body fat content (percent of body fat vs. lean body weight); to increase caloric expenditure (for weight control); and to maintain healthy, elastic arteries.

### Common questions

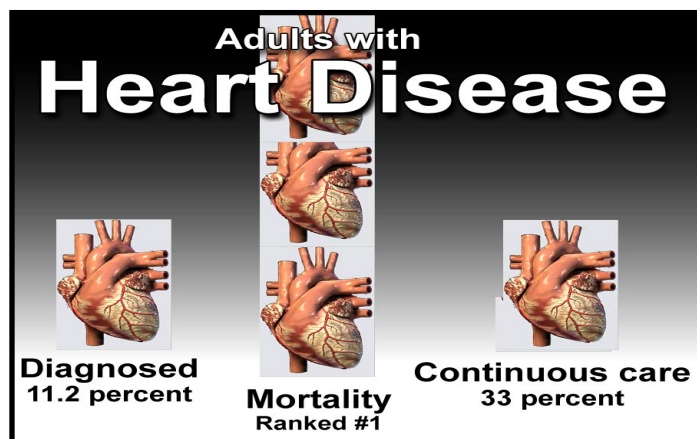
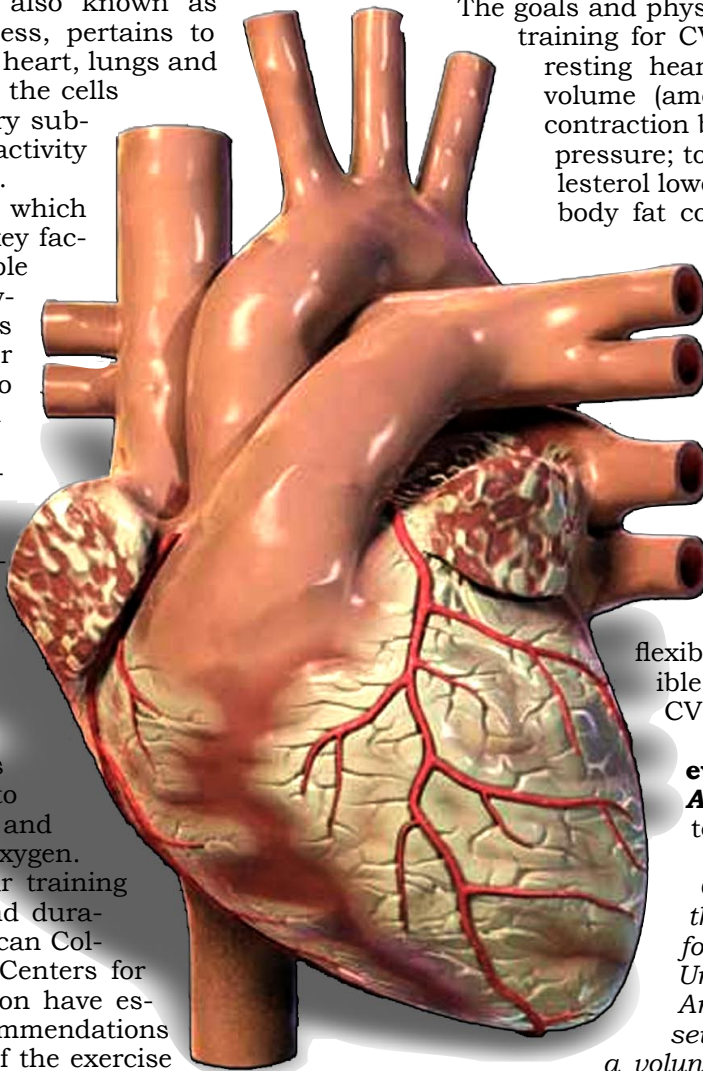
**Q: Is cardiovascular fitness all I need?**

**A:** Theoretically, yes, but it is recommended to perform activities that will benefit strength, muscular endurance and flexibility. A stronger, more flexible body will actually benefit CVF.

**Q: How can I test or evaluate my level of CVF?**

**A:** There are several CVF testing modes.

*(Editor's note: George R. Colfer holds a Ph.D. and is the retired department chair for kinesiology and health, University of Texas at San Antonio. He has published several books on fitness. He is a volunteer contributing writer for the Fort Huachuca Scout newspaper.)*



# Wednesday, October 20

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	NASCAR Nextel	Good	Roller	Late Night with Conan O'Brien	Movie: (Cont.)	Hey Arnold!	NFL
12:30AM	Acess Hollywood	Cup	Morning America			Movie: <:53>	Rocket Power	(Continued)
1:00AM	Headline News	UAW-GM	Headline News		For Love Or Money	Saturday Night Fever	Spongebob	ESPNews
1:30AM	The Late Late Show	Quality 500	ABC World News				Rugrats	Headline News
2:00AM	with Craig Kilborn		The Early Show				Lizzie McGuire	Tonight Show
2:30AM	Dennis Miller						Taina	w/Jay Leno
3:00AM		SportsCenter			American Chopper	Movie: Coyote Ugly	Smallville	The Late Show w/David Letterman
3:30AM	Countdown with Keith Olbermann	ESPNews	FOX News Live		Friends		Boy Meets World	Headline News
4:00AM	Keith Olbermann	Baseball Tonight			Seinfeld		Boy Meets World	The Late Late Show
4:30AM	Entertainmet Studios				Breathing Space Yoga	Movie: The Haunting	Sesame Street	Dennis Miller
5:00AM	ESPNews	NFL			Caribbean Workout		Barney & Friends	Countdown With Keith Olbermann
5:30AM	Headline News	Tampa Bay Buccanneers at St. Louis Rams			Body Shaping		Blue's Clues	
6:00AM	Good Morning America				Typical Mary Ellen			
6:30AM			Inside Politics		The View	Access Hollywood Weekend	Dragon Tales	Entertainment Studios
7:00AM								
7:30AM								
8:00AM	Sagwa	NFL Films Presents			Emeril Live	E.T. Weekend	The Wiggles	The Hot List
8:30AM	Wheel of Fortune	NFL Live	Navy/Marine Corps				Dora, the Explorer	Headline News
9:00AM	Dr. Phil	Around the Horn	Lester Holt Live		30 Minute Meals	Movie: Born Into Exile	Stanley	Today
9:30AM	Oprah Winfrey	PTI			Sweet Dreams		Sagwa	
10:00AM	<9:46>	SportsCenter	Headline News		Best For Less		Arthur	
10:30AM	Guiding Lt. <10:35>		NBC Nightly News		Stripped	Movie: <:45> The Caine Mutiny	Between the Lions	
11:00AM	General Hospital	NFL Live	ABC World News		E! News Daily		Sagwa	Emeril Live
11:30AM	<11:17>	FLW Outdoors Tour	CBS Evening News		King of Queens		Stanley	
12:00PM	Bulletin Board	Championship	Countdown With Keith Olbermann		That 70's Show		Dora, the Explorer	MLB
12:30PM	Judge Judy	Ballroom Boxing	Hannity & Colmes	Girlfriends		The Wiggles	ALCS	
1:00PM	Today			Charmed	Movie: Pretty In Pink	Bob the Builder	Boston Red Sox at N. Y. Yankees	
1:30PM		FLW Outdoors Tour				Dragon Tales	Game 6 (If Necessary)	
2:00PM		Championship	The Newshour		Ally McBeal	Blue's Clues		
2:30PM		Moto GP				Barney & Friends		
3:00PM	Zoboomafoo		Lou Dobbs Tonight	Any Day Now	Movie: <:50> Raiders of the Lost Ark	Funniest Videos		
3:30PM	Animaniacs	ESPNews				Full House		
4:00PM	Braceface	Moto GP	Larry King Live	E.R.		Pokemon	Charmed	
4:30PM	Teen Kids News					Yu-Gi-Oh!		
5:00PM	Jeopardy	NFL Total Access	Newsnight with Aaron Brown	Law & Order	The Entertainers	Hey Arnold!	Ally McBeal	
5:30PM	Access Hollywood					Rocket Power		
6:00PM	Bulletin Board	SportsCenter	BET Nightly News	The Simpsons	Behind the Scenes	Spongebob	Any Day Now	
6:30PM	Headline News		Tavis Smiley	Raymond	E.T.	Rugrats		
7:00PM	Movie: The Magnificent Seven	College Football UCLA at California	Nightline	Ed	Movie: A Knight's Tale	The Proud Family	E.R.	
7:30PM			Business Report			The Amanda Show		
8:00PM			Hardball with Chris Matthews	C.S.I.		Everwood	Jeopardy	
8:30PM	Movie: High Plains Drifter		CNN Daybreak				Headline News	
9:00PM				Biography Emeril Lagasse	Movie: <:15> Double Team	Sister, Sister	ESPNews	
9:30PM				Friends		Sister, Sister	Headline News	
10:00PM		SportsCenter	O'Reilly Factor	Seinfeld		The Cosby Show	TheSimple Life	
10:30PM	The Tonight Show					Home Improvement	TheSimple Life	
11:00PM	w/Jay Leno	MLB	Good Morning America	The Daily Show	Movie: Island of Dr. Moreau	Touched by an Angel	America's Next Top Model	
11:30PM	The Late Show	ALCS Game 6		Blind Date				

# Thursday, October 21

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors
12:00AM	The Late Show	MLB	Good	Roller	Late Night with Conan O'Brien	Movie: (Cont.)	Hey Arnold!	Las Vegas
12:30AM	Access Hollywood	<i>ALCS Game 6</i> <i>(If Necessary)</i>	Morning America			Movie: <50>	Rocket Power	
1:00AM	Headline News		Headline News		Ed	<i>From Here To Eternity</i>	Spongebob	Pacific Report
1:30AM	The Late Late Show		ABC World News				Rugrats	The Tonight Show
2:00AM	with Craig Kilborn	Baseball Tonight	The Early Show		C.S.I.		The Proud Family	w/Jay Leno
2:30AM	Dennis Miller	NFL Live					The Amanda Show	The Late Show
3:00AM		SportsCenter			Biography <i>Emeril Lagasse</i>	Movie: <i>A Knight's Tale</i>	Everwood	w/ David Letterman
3:30AM	Countdown with				Friends		Sister, Sister	Headline News
4:00AM	Keith Olbermann	Baseball Tonight	FOX News Live		Seinfeld		Sister, Sister	The Late Late
4:30AM	Entertainment Studios	Totally NASCAR			Breathing Space Yoga	Movie: <:15> <i>Double Team</i>	Sesame Street	Show
5:00AM	ESPNNews	SportsCenter			Caribbean Workout			Dennis Miller
5:30AM	Headline News				Body Shaping		Barney & Friends	
6:00AM	Good Morning	NFL Total Access			Typical Mary Ellen		Blue's Clues	Countdown With
6:30AM	America							
7:00AM		The Hot List	Inside Politics		The View	The Entertainers	Dragon Tales	Keith Olbermann
7:30AM		Baseball Tonight					Bob the Builder	Entertainment Studios
8:00AM	Blue's Clues	MLB			Emeril Live	Behind the Scenes	The Wiggles	The Hot List
8:30AM	Wheel of Fortune	<i>Houston Astros</i>	Air Force News			E.T.	Dora, the Explorer	Headline News
9:00AM	Dr. Phil	<i>at</i>	Lester Holt Live		30 Minute Meals	Movie:	Stanley	Today
9:30AM	Oprah Winfrey	<i>St. Louis Cardinals</i>			Food 911	<i>Cruel Justice</i>	Sagwa	
10:00AM	<9:46>	<i>Game 6</i>	Headline News		Sensible Chic		Arthur	
10:30AM	Guiding Lt. <10:35>	<i>(If Necessary)</i>	NBC Nightly News		Fashion File	Movie: <:45>	Between the Lions	
11:00AM	General Hospital	NFL Live	ABC World News		E! News Daily	<i>Glory</i>	Sagwa	Emeril Live
11:30AM	<11:17>	Totally NASCAR	CBS Evening News		King of Queens		Stanley	
12:00PM	Bulletin Board	Beyond the Glory	Countdown With		That 70's Show		Dora, the Explorer	MLB
12:30PM	Judge Judy		Keith Olbermann		Girlfriends		The Wiggles	<i>ALCS</i>
1:00PM	Today	NFL Game of the	Hannity & Colmes		Charmed	Movie:	Bob the Builder	<i>Boston Red Sox</i>
1:30PM		Week				<i>Kiss the Girls</i>	Dragon Tales	<i>at</i>
2:00PM		Inside the NFL	The Newshour		Ally McBeal		Blue's Clues	<i>N. Y. Yankees</i>
2:30PM							Barney & Friends	<i>Game 7</i>
3:00PM	Sylvester & Tweety	SportsCenter	Lou Dobbs Tonight		Any Day Now	Movie: <:07> <i>The Dead Zone</i>	Funniest Videos	<i>(If Necessary)</i>
3:30PM	Jimmy Neutron						Full House	
4:00PM	Popular Mechanics	ESPNNews	Larry King Live		E.R.		Pokemon	Charmed
4:30PM	Blake Holsey High	Baseball Tonight					Yu-Gi-Oh!	
5:00PM	Jeopardy	NFL Total Access	Newsnight		Law & Order	Inside the Actors...	Hey Arnold!	Ally McBeal
5:30PM	Access Hollywood		with Aaron Brown			<i>Jay Leno</i>	Rocket Power	
6:00PM	Bulletin Board	SportsCenter	BET Nightly News		The Simpsons	Coming Attractions	Spongebob	Any Day Now
6:30PM	Headline News		Tavis Smiley		Raymond	E.T.	Rugrats	
7:00PM	The Parkers	MLB	Nightline		Fear Factor	Movie:	Even Stevens	E.R.
7:30PM	The Simple Life	<i>NLCS or ALCS</i>	Business Report			<i>Brian's Song</i>	Kenan & Kel	
8:00PM	America's Next Top	<i>(If Necessary)</i>	Hardball		Andromeda		Gilmore Girls	Jeopardy
8:30PM	Model		with Chris Matthews			Movie: <:45>		Headline News
9:00PM	Las Vegas		60 Minutes		Junkyard Mega	<i>Enemy of the State</i>	Degrassi	ESPNNews
9:30PM					Wars		Degrassi	Headline News
10:00PM	Headline News	SportsCenter	O'Reilly Factor		Friends		The Cosby Show	Raymond
10:30PM	The Tonight Show				Seinfeld		Home Improvement	Will & Grace
11:00PM	w/Jay Leno	MLB	Good Morning		The Daily Show	Movie:	Touched by	The Bachelor
11:30PM	The Late Show	<i>NLCS or ALCS</i>	America		Blind Date	<i>Play Misty For Me</i>	an Angel	



# Friday, October 22

Time	Channel 9 AFN Prime	Channel 13 AFN Sports	Channel 14 AFN News	Channel 17 Roller/Prime Sports	Channel 20 AFN Spectrum	Channel 23 AFN Movies	Channel 26 AFN Family	Channel 35 AFN Direct to Sailors																
12:00AM	The Late Show	MLB  <i>NLCS or ALCS</i>  <i>(If Necessary)</i>	Good	Roller	Late Night with	Movie: (Continued)	Hey Arnold!	C.S.I.																
12:30AM	Access Hollywood		Morning America		Conan O'Brien	Movie: <:53>	Rocket Power																	
1:00AM	Headline News		Headline News		Fear Factor	<i>Batman</i>	Spongebob	Pacific Report																
1:30AM	The Late Late Show		ABC World News		Andromeda	<i>Batman</i>	Rugrats	The Tonight Show																
2:00AM	with Craig Kilborn	NFL Live	The Early Show						Even Stevens	w/Jay Leno														
2:30AM	Dennis Miller	Totally NASCAR									Kenan & Kel	The Late Show												
3:00AM		SportsCenter											w/ David Letterman											
3:30AM	Countdown with	FOX News Live			<i>Brian's Song</i>	Gilmore Girls	Access Hollywood																	
4:00AM	Keith Olbermann		ESPNNews					Degrassi	Headline News															
4:30AM	Entertainmet Studios		Baseball Tonight					Degrassi	The Late Late															
5:00AM	ESPNews		PBR Bull Riding							60 Minutes	Sesame Street	Show												
5:30AM	Headline News	FOX News Live	Carribean Workout		Dennis Miller																			
6:00AM	Good Morning America					PGA Tour  <i>Funai Classic at Walt Disney World Resort</i>  <i>First Round</i>	Inside Politics						Body Shaping	Barney & Friends										
6:30AM								Air Force TV News	The View						Inside the Actors...	Dragon Tales	Countdown With							
7:00AM										Lester Holt Live	<i>Jay Leno</i>	Bob the Builder						Entertainment Studios						
7:30AM		Emeril Live	Coming Attractions		The Wiggles														The Hot List					
8:00AM	Sesame Street					E.T.	Dora, the Explorer						Headline News											
8:30AM	Wheel of Fortune					SportsCenter	Headline News	NBC Nightly News	ABC World News															
9:00AM	Dr. Phil									College Football  <i>Syracuse at West Virginia</i>	Countdown With Keith Olbermann	Hannity & Colmes	The Newshour											
9:30AM	Oprah Winfrey	Lou Dobbs Tonight	Law & Order		Scream Play									Hey Arnold!	Ally McBeal									
10:00AM	<9:46>															Ballroom Boxing	Larry King Live	Yu-Gi-Oh!	Mucha Lucha					
10:30AM	Guiding Lt. <10:35>					NFL Game of the Week	Newsnight with Aaron Brown	Jeopardy	Access Hollywood															
11:00AM	General Hospital									SportsCenter	BET Nightly News	Tavis Smiley	Raymond							E.T.	Rugrats			
11:30AM	<11:17>	Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline		Business Report									Hardball with Chris Matthews	Primetime									
12:00PM	Bulletin Board															SportsCenter	O'Reilly Factor	The Simpsons	Ebert & Roeper			Spongebob	Any Day Now	
12:30PM	Judge Judy					The Practice	Movie: <i>Rules of Engagement</i>	That's So Raven	All That!															E.R.
1:00PM	Today									CBS Evening News	Charmed	Movie: <i>Big Business</i>	Bob the Builder							Dragon Tales	Blue's Clues			
1:30PM		College Football  <i>Syracuse at West Virginia</i>	Countdown With Keith Olbermann		Hannity & Colmes									The Newshour	Lou Dobbs Tonight									
2:00PM																SportsCenter	Lou Dobbs Tonight	Law & Order	Scream Play			Hey Arnold!	Ally McBeal	
2:30PM						Ballroom Boxing	Larry King Live	Yu-Gi-Oh!	Mucha Lucha															
3:00PM	NFL Game of the Week									Newsnight with Aaron Brown	Jeopardy	Access Hollywood												
3:30PM		SportsCenter	BET Nightly News		Tavis Smiley								Raymond	E.T.	Rugrats									
4:00PM																Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline	Business Report	Hardball with Chris Matthews	Primetime				
4:30PM						SportsCenter	O'Reilly Factor	The Simpsons	Ebert & Roeper												Spongebob	Any Day Now		
5:00PM	Ballroom Boxing									Larry King Live	Yu-Gi-Oh!	Mucha Lucha												
5:30PM		NFL Game of the Week	Newsnight with Aaron Brown		Jeopardy								Access Hollywood											
6:00PM														SportsCenter	BET Nightly News	Tavis Smiley	Raymond	E.T.	Rugrats					
6:30PM						Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline	Business Report	Hardball with Chris Matthews											Primetime				
7:00PM	SportsCenter									O'Reilly Factor	The Simpsons	Ebert & Roeper									Spongebob	Any Day Now		
7:30PM		Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline		Business Report								Hardball with Chris Matthews										Primetime	
8:00PM														SportsCenter	O'Reilly Factor	The Simpsons	Ebert & Roeper	Spongebob	Any Day Now					
8:30PM						Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline	Business Report	Hardball with Chris Matthews											Primetime				
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9:30PM		Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline		Business Report								Hardball with Chris Matthews										Primetime	
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10:30PM						Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline	Business Report	Hardball with Chris Matthews											Primetime				
11:00PM	SportsCenter									O'Reilly Factor	The Simpsons	Ebert & Roeper									Spongebob	Any Day Now		
11:30PM		Wal-Mart FLW  <i>Outdoors Tour Championship</i>	Nightline		Business Report								Hardball with Chris Matthews										Primetime	

## HELP WANTED

**KRS has the following on-island job openings. Unless otherwise noted, call Jack Riordan, 55154. For full job description and requirements, come to HR, Building 700, and check the job listing books at the counters.**

**PROJECT CONTROL CLERK III.** Full time. Duties include tracking progress of Public Works projects by coordinating with engineers and attending meetings with construction superintendents. Prepare and submit project status reports. Monitor and assign work to engineers. Track work packages and coordinate with USAKA. Requirements are basic computer skills, MS Office and data management. Bachelor's degree or some college and knowledge of MIMS system desired.

**CERTIFIED TEACHER.** Contract hire, unaccompanied. Requirements are degree and teaching license. Duties include establishing daily lesson plan following curriculum, preparing materials, maintaining discipline and fostering positive relationships, maintaining communication with parents and school administration, referring students for specialized help as required, contributing to curriculum development and revision, performing other duties as assigned.

**RECREATION AIDE II.** Two full time positions. Responsible for maintenance and upkeep of the two pools on island and the beaches. Chlorinating pools daily, clean bathrooms and grills, empty trash, rake the beach, organize pool equipment, grounds keeping, tent set-up, special event support, facility cleanup, maintenance for all community activity functions and other duties as assigned. Must have strong communication skills and work in a fast-paced, multi-tasking office.

**MAIL CLERK.** Full time. Must be U.S. citizen. Must able to lift or physically move 70 lbs. Duties include process incoming and outgoing mail. Will learn finance and must be able to obtain a secret clearance for registered mail. Will participate in a rotation schedule to Roi. Job is physically demanding and requires constant standing, stooping, squatting, pushing, pulling, toting and driving. USAKA driver's license is necessary. Must have good communication skills and patience.

**REPORTER, Hourglass.** Full time. Conduct interviews, write stories, IAW AP Stylebook and Army Reg. 360-1, take photographs, write cutlines, edit documents, make contacts for stories, develop story ideas, follow both verbal and written instructions and assignments from the assistant editor and the editor. Attend and glean story ideas from meetings. Work hours as required to include evenings and weekends.

**SHIFT SUPERVISOR.** Full time. Customer service, GSK cash sales, sell and register bikes, coordinate bike repairs, store closing, ordering stock items and store supplies, department transfers of 3018/informal invoices, maintain log books, verify change fund daily, make change for cashiers and supervise employees.

**RESERVATIONS, Kwaj Lodge.** Full time. Perform front desk duties to include check-in/check-outs, reservations, room changes, housekeeping updates, key inventories. Maintain spreadsheets for bike rentals, assist customers with bike rental/return, run night audit, accept cash and balance cash drawer at end of shift. Require some accounting background, must be high school graduate.

**ADULT/COMMUNITY Education Coordinator.** 140 days temporary. Responsible for all aspects of the

adult education program on Kwajalein. Coordinate college programs within Adult Education programs. Liaison to the University of Maryland representative. Facilitate non-credit courses which include developing courses, scheduling classes, developing instructors, providing materials, advertising classes, scheduling facility usage/key control, collecting/distributing fees, supervising/monitoring instructor's payroll, testing and military programs.

**ADMINISTRATIVE ASSISTANT I, Human Resources.** (KRS non-exempt) Requires business or technical vocabulary, knowledge of organization operations and procedures, ability to exercise independent judgment and decisions within guidelines regarding planning, organizing, and scheduling of work. Requires at least four years of experience, knowledge of KRS policies and procedures, excellent organizational skills and experience with KEAMS. Must have high school diploma, excellent written and verbal communication skills. Must have knowledge of MS Office, Adobe and Outlook.

**SUPERVISOR, Community Activities-Roi.** Full time. Contract position. Responsible for all facets of recreation and entertainment at Roi-Namur. Must be able to work under minimal supervision. Must possess excellent organizational and communication skills and have experience supervising employees and have background with areas of oversight.

**SENIOR RECREATION AIDE, Hobby Shop.** Casual. Provide customer service in assisting patrons in Woodshop and ceramic/pottery shop, handle cash, enforce rules and safety procedures and general shop cleaning.

**JUNIOR ACCOUNTANT.** Responsible for contract payroll processing, payroll maintenance, data entry and 401K payroll processing. Ability to cross-train in Accounts Payable and General Accounting areas. Requires 2-5 years of related experience and computer proficiency in Excel and Word. Ideal candidate will be a Certified Payroll Professional and have knowledge of electronic timekeeping systems and the AS400 payroll system.

**RECREATION SPECIALIST, Community Activities Hobby Shop Woodshop instructor.** Part time. Individual will instruct specialty wood classes, provide customer service and general assistance in Hobby Shop. Must have experience in woodworking and be interested in teaching classes.

**ASSISTANT YOUTH DIRECTOR.** Casual. Supervises students at the Youth Center under the direction of the Youth Activities director. Requires childcare clearance. Approximately 20 hours per week.

**USAKA/IRTS has the following job vacancies. For job information, contact Cris Foster, USAKA/IRTS Civilian Personnel, 54417. Applications must be submitted in accordance with at <http://www.cpol.army.mil> <<http://www.cpol.army.mil>> or [USAJobs at http://www.usajobs.opm.gov](http://www.usajobs.opm.gov) <<http://www.usajobs.opm.gov>>**

**OFFICE AUTOMATION ASSISTANTS.** (3) vacancies, GS-0326-06. Overseas limited appointments NTE one year with possibility of being extended to a maximum of two years. USAKA Directorate for Logistics and Community Activities; Command Judge Advocate office and Directorate for Plans, Training and Security (operations). Announcement SCBK04167074. This same announcement may be used to fill future office automation assistant positions. Application period closes on Oct. 22.

## WANTED

UNACCOMPANIED COOKS sought. Let's start a social club getting together and preparing meals in the Adult Recreation Center kitchen. It's more fun to cook together than by yourself. For more information, call Nell, 52114, or e-mail at [Drumheln@kls.usaka.smdc.army.mil](mailto:Drumheln@kls.usaka.smdc.army.mil).

YYWC OUTER ISLAND Christmas drop needs fabrics, toiletries, sewing notions, school supplies. Questions? Call Sheri, 52115, or Laverne, 53624.

## LOST

BASKETBALLS with the name "Sieja" on them. Call 50163 or return to Qtrs. 124-D.

## FOR SALE

ZODIAC 16' boat, Pro 4705B with 40 hp Johnson outboard; Raytheon fish finder; Garmin Marin Map 76 GPS; Raytheon 100 radio; metal boat box, \$7,000. Call 51032W or 52515H.

DVD PLAYER and VHS player, \$50 with remotes. Call Pattie, 52973.

ATOMIC SPLIT fins. Call 54814.

ALUMINUM FRAME bike, SS spokes, alloy rims, \$30; aluminum frame Burley, \$30. Call 50163.

HALLOWEEN costumes: Teletubby, \$10; Power Ranger, \$15; Star Wars, \$5. Call 53585.

ATOMIC SPLIT fins, size M, liquid blue color, like new, Internet price is \$150, will sell for \$100. Call Ivy, 54814, before 9 p.m.

FIVE GALLONS of peanut oil, \$30; ScubaPro mask, \$25; Dacor fins, \$10; rechargeable UK400 dive, \$50; children's life jackets, \$15 each; beach floats, \$4 each; blinds. Call 52758.

TWO APEX DVD players, \$30 each; Panasonic VCR, \$20; kitchen plates; Oakley men's sandals, size 11, never worn, still in box, \$50. Call 50158H or 57172W.

PLANTS, \$10-\$30; high chair, like new, \$10; vacuum cleaner with bags, \$30; Minolta X-700 camera including 135mm and 75-210mm lenses, filters, camera bags, manual, \$350. Call 54534, after 5 p.m.

SURFBOARD, new condition, 7'6" gun-type, ridden twice, \$175; silver and dark wood floor and table lamp set, \$60. Call 51161.

## COMMUNITY NOTICES

SCHOOL ADVISORY Council meeting is scheduled for Wednesday, 7 p.m., in the elementary school music room. The superintendent will present the student achievement report, enrollment projections and a proposed policy on the interrogation of students by outside agencies. The public is invited. Questions? Call 53761.

PART TWO of a video regarding "A Course in Miracles" will be shown Wednesday, 7 p.m., at Qtrs. 215-A. Any interested community members are invited to view the video. Questions? Call Eileen, 52244.

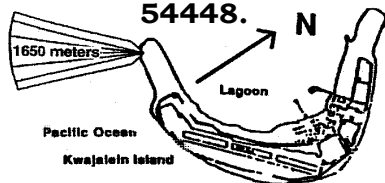
YYWC Outer Island Christmas Drop planning meeting is Oct. 28, 6:30 p.m., in the REB. Everyone wanting to help is welcome and encouraged to attend. Questions? Call Sheri, 52115, or Laverne, 53624.

MOPS (Mothers of Preschoolers) meets



**The Small Arms Range  
is in operation tomorrow,  
8 a.m.-noon.**

**All watercraft operators  
observe the red flags at  
the southwest end of the  
island. Questions, call,  
54448.**



Thursday, 9-11 a.m., in the REB. All mothers of preschoolers are invited. Bring a friend. Childcare is provided for children, 5 and under. MOPS is sponsored by the Protestant Chapel.

BROTHER 4 CHRIST Bible study group looks to be inspired by the Word of God. Do you want the Holy Spirit to lead your Christian walk? The group meets every Thursday and Sunday, 7 p.m., in the REB, second floor.

COME LEARN about the "Character Counts" program. This program is being implemented throughout the entire CYS program (CDC, School-age, Youth Center, Youth sports and 4-H Club) to teach children about building good personal character. Parents and interested community members are invited to learn about the program and ways to help children develop good character at home. The workshop is Friday, 7 p.m., in the elementary school music room. Questions? Call Heather, 53796.

GRACE SHERWOOD Library's book draw this month is for Harry Behn's children's book, "Halloween" and for a N.C. Wyeth illustrated copy of "Robinson Crusoe." Register through Monday.

OPEN HOUSE for all newcomers at the Marshallese Cultural Center is Monday, 3-5 p.m. Come learn about Marshallese culture and watch the making of traditional crafts.

KWAJALEIN SCUBA Club will hold an underwater pumpkin carving contest, Oct. 31, 1 p.m., at Emon Beach Pavilion 1. All young-at-heart divers are invited to participate. Each buddy team should bring their own original condition pumpkin. The first 12 teams will receive a free set of pumpkin carving tools.

MARK YOUR CALENDARS for the Kwajalein Art Guild's annual Holiday Bazaar, Nov. 8, 10 a.m.-2 p.m., in the CRC Gym. This is your chance to acquire all the wonderful and treasures that the local artisans and vendors have to offer.

STUDENT MUSIC recitals are scheduled for Nov. 19, Feb. 10 and May 5. All recitals begin at 7 p.m. in the high school MP room. Piano teachers who would like students to perform on any of these recitals should contact Dick Shields to be put on the distribution list and to obtain registration forms.

BQ LAUNDRY REMINDER: In accordance with USAKA/RTS Regulation 210-50, only unaccompanied personnel housing residents, including BQ residents and registered guests on a 480, are authorized to use UPH laundry facilities and only registered guests may use

laundry facilities in transient quarters. Violations will result in disciplinary action against the visitor under applicable access or other regulations, and against the sponsor. BQ residents

who suspect laundry use violations should call the Housing office, Tuesday through Saturday, 7:30 a.m.-4:30 p.m., or KPD weekends and after hours to report the incident.



*Santa's counting  
down  
to the  
Christmas Sale!*

All shoes and swimwear

**20% Off**

**at Macy's and Gimbel's**

**through SATURDAY!**

**Café Pacific**

**Come join us for our first Halloween Seafood Buffet, Oct. 31,  
10:30 a.m.-12:30 p.m. Families are welcome. \$12.95 for adults. \$7.95 for  
children under 12. Our chefs will prepare an array of tantalizing  
entrees from the sea featuring:**

**Carved steamship round of beef , au jus  
Breaded jumbo fantail of shrimp  
Poached ahi with papaya salsa  
Sautéed mussels in garlic and oyster sauce  
Breaded clam strips  
Seafood Alfredo with fettucine  
Wild rice pilaf  
Fresh vegetable medley  
Assorted salads and desserts**

**(We're sorry, Eye of Newt is not in season)  
We couldn't find anybody named Newt anyway.**

**Oh SEAfood**



**I said seafood,  
seafood !!!**



## Season of giving

# Fisherman show appreciation to Lib at Christmas

*Editor's note: Each year, groups across Kwajalein gather donations and raise funds for outer-island Christmas drops. Preparations for this year's drops are underway. This is the third in a five-part series introducing the groups responsible for the drops and explaining how they work.*

**By Mig Owens**  
Assistant Editor

The Kwajalein Atoll International Sport Fishing Club does more than host fishing tournaments and help boat owners launch and haul their boats. Each year, the club opens its heart and wallet to one of its favorite places to fish, Lib Island, as Christmas drop sponsors.

Located approximately 34 miles southwest of Kwajalein, Lib Island is home to a population of about 130. According to Tom Krasuski, club president, "Lib is good to all the fishermen. It's a rich fishing ground – a pinnacle in the ocean. We want to do something unique because it means something to us."

Last year's Christmas drop on Lib was the first sponsored by the 70-member organization. On its first drop, they donated supplies to rebuild the island's school, including equipment, desks, tables, chairs and chalk boards, as well as food. It took the Great Bridge, made available courtesy of USAKA, to haul the massive load.

"This drop was unique because it was the first major drop outside the atoll," Maj. David Coffey, Host Nation

chief said. "We delivered more goods than any other drop ever, it was the first Christmas drop sponsored by KAISC, and the project involved providing materials and labor to renovate the school, not just toys and candy."

This year, the club plans to continue its contributions toward the school on Lib, as well as donate an outboard motor for the boat they delivered to island residents last year. If possible, private boats will be

used for this year's drop. According to Krasuski, the drop will take place in mid December. Members are currently working on the motor and on purchasing school supplies. Krasuski said the club may also hold a small fishing tournament in November to raise money for the drop.

"Lib Island is a very dear place to fishermen – we want to give something back to them," Krasuski said.

Though last year's drop totaled approximately \$4,000 in donations and cash, Krasuski foresees a slightly toned-down effort this year, with a total in the neighborhood of \$2,500.

"We want to get \$1,000 of private donations to match the club's donation," he said, adding that the club may solicit volunteers from

the community to assist during the day-long drop. "We want to thank the community and USAKA for support of last year's drop – it was quite an outpouring of help," Krasuski said. "We look forward to this year's support. There are a lot of causes to give to this time of year – anything is appreciated."

For more information on how to donate to the Lib Island Christmas drop, contact Terry Yearly or Bob DeJoie.



(Photo by Maryjon Moore)

**Lib Islanders greet the Great Bridge as it brings volunteers and gifts at Christmas last year.**

## Weather

Courtesy of RTS Weather

**Tonight:** Partly cloudy with widely scattered showers.

**Winds:** Southwest-west at 5-10 knots with higher gusts in showers.

**Tomorrow:** Partly cloudy to mostly cloudy with scattered showers.

**Winds:** West-northwest at 5-10 knots with higher gusts in showers.

**Temperature:** Tonight's low 79°  
Tomorrow's high 87°

**October rain total** 8.54"

**Annual rain total:** 77.38"

**Annual deviation:** +0.47"

**Call 54700 for updated forecasts.**  
[www.rts-wx.com](http://www.rts-wx.com)

## Sun • Moon • Tides

	Sunrise/set	Moonrise/set	High Tide	Low Tide
<b>Today</b>				
<b>Oct. 19</b>	0637/1831	1118/2309	0105, 1.0' 1243, 1.3'	0656, 3.9' 1920, 4.9'
<b>Wednesday</b>				
<b>Oct. 20</b>	0637/1831	1221	0205, 1.6' 1326, 1.9"	0750, 3.3' 2025, 4.3'
<b>Thursday</b>				
<b>Oct. 21</b>	0637/1830	1320/0013	0352, 2.0' 1501, 2.4'	0956, 2.9' 2235, 4.0'
<b>Friday</b>				
<b>Oct. 22</b>	0637/1830	1414/0114	0038, 4.2' 1348, 3.8'	0732, 1.4' 1930, 1.9'